

**SOUTH DAKOTA
COUNSELING**

INITIAL TREATMENT PLAN

Inmate/Client Name: Client, Suzy

Client Number: 08F-001

Counselor: Kay Jones, CCDC III

Start Date: December 10, 2008

LEVEL OF CARE:

Level II.1 Intensive Outpatient Treatment

ADMIT DIAGNOSIS

303.90 Alcohol Dependence, With Physiological Dependence, In a Controlled Environment

304.30 Cannabis Dependence, With Physiological Dependence, In a Controlled Environment

304.40 Amphetamine Dependence, With Physiological Dependence, In a Controlled Environment

CLIENT STRENGTHS

Suzy stated that she is strong, open-minded, organized, considerate, and persistent.

INDICATORS OF PROGRESS:

- ☐ 1. Review of Substance Abuse Education
- ☐ 2. Identification of Thinking Barriers and Tactics
- ☐ 3. Review of Chemical Use/ Relapse History
- ☐ 4. Review of the 12 Steps of AA/ NA
- ☐ 5. Identification of Relapse Warning Signs
- ☐ 6. Completion of an Individualized Recovery Plan
- ☐ 7. Completion of the Relapse Prevention Workbook

CLINICAL PROBLEMS TO BE ADDRESSED

ASAM Dimension I: Acute Alcohol and/or Other Drug Intoxication and/or Potential Withdrawal

Staff Responsible: Kay Jones, CCDC III

Problem Statement: No problems identified at this time.

Long Term Goal: NA

Problems to be Addressed: NA

ASAM Dimension II: Biomedical Conditions and Complications

Staff Responsible: Kay Jones, CCDC III

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Problem Statement: No problems identified at this time.

Long Term Goal: NA

Problems to be Addressed: NA

ASAM Dimension III: Emotional/Behavioral /Cognitive Conditions and Complications

Staff Responsible: Kay Jones, CCDC III

Problem Statement: No problems identified at this time.

Long Term Goal: NA

Problems to be Addressed: NA

ASAM Dimension IV: Readiness for Change

Staff Responsible: Kay Jones, CCDC III

Problem Statement: Client states, "I have not had any significant history of abstinence".

Long Term Goal: To abstain from all mood-altering substances.

Problems to be Addressed: Client will address negative emotions and money management leading to alcohol and drug use.

Treatment Objective/Short Term Goal	Method/Intervention	Date Due	Date Complete
#1: I will learn to cope with uncomfortable emotions in a healthy manner and without the use of substances.	I will complete "Negative Emotions" from the Living in Balance Series.	12-20-2008	
#2: I will learn to manage my money in order to reduce my dependence upon my parents and increase my own independence.	I will complete "Money Management" from the Living in Balance Series.	1-9-2009	

ASAM Dimension V: Relapse/Continued Use or Continued Problem Potential

Staff Responsible: Kay Jones, CCDC III

Problem Statement: I have a long history of relapsing.

Long Term Goal: To develop a relapse prevention plan to be used when needed.

Problems to be Addressed: Relapse Prevention

Treatment Objective/Short Term Goal	Method/Intervention	Date Due	Date Complete
#1: I will identify relapse triggers and develop a relapse prevention plan.	I will complete the "Relapse Symptom Line", "Relapse Triggers", and "Aftercare Plan Components".	1-9-2009	

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ASAM Dimension VI: Living Environment

Staff Responsible: Kay Jones, CCDC III

Problem Statement: I do not have a suitable residence.

Long Term Goal: For Suzy to maintain her own drug free house.

Problems to be Addressed: Lack of housing, and the financial means to afford housing.

Treatment Objective/Short Term Goal	Method/Intervention	Date Due	Date Complete
#1: I will identify my negative housing situation, leading to my relapse and explore alternative housing options.	I will complete the "How Safe is my House" workbook, apply to live in a halfway house, and work with my Parole Agent to find suitable housing.	1-9-2009	

CLIENT SIGNATURE

DATE SIGNED

Kay Jones, CCDC III

December 12, 2008

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